

PRESCHOOL & CHILD ENRICHMENT

Pre-Ballet First Class Ages 2-3 (6 Classes)

Moms, Dads and Nannies are encouraged to participate with the children in this fun introduction to dance. This is a playful class that improves motor skills and teaches children to follow the instructor. Children enjoy performing finger plays, dancing to nursery rhymes and moving with balls or scarves to a variety of music. Please wear comfortable clothing that is easy to dance in. For questions about the class call the instructor: Matrisha at 415-647-2918. Registration must be done at the San Bruno Parks and Recreation Services Department. Ages 2-3.

Cost: \$66 Resident, \$81 Non-resident
Location: Recreation Center Meeting Room
Instructor: Matrisha Person
Day/Time: Tues., 9:45-10:30am
2103.301 T 7/10-8/14

Primary Ballet Ages 5-6 (6 Classes)

For children who love the fantasy of ballet, this class focuses on learning classical ballet technique in a supportive atmosphere. Each class includes exercises at the barre, learning primary classical positions, steps, turns and movement combinations. There is also time devoted to creative movement to encourage expression. Dancers should wear simple leotards, tights and ballet slippers. Beginners are welcome. Ages 5-6.

Cost: \$66 Resident, \$81 Non-resident
Location: Recreation Center Meeting Room
Instructor: Matrisha Person
Day/Time: Mon., 3-4pm
2103.304 M 7/9-8/13

Pre-Ballet Ages 3-4 (6 Classes)

For children who want to try a ballet class, this is a fun introduction. Dancers learn basic ballet with an emphasis on creative expression. They use their imagination as they plie like fairies, tendue like frogs and jete like deer. Activities include stretching exercises, learning simple dances, free dancing with scarves and playing games that teach social skills. Dancers should wear simple leotards, tights and ballet slippers. Ages 3-4.

Cost: \$66 Resident, \$81 Non-resident
Location: Recreation Center Meeting Room
Instructor: Matrisha Person
Day/Time: Tues., 10:45-11:30am
2103.302 T 7/10-8/14

Pre-Ballet Ages 4-5 (6 Classes)

Children have fun as they stretch, leap and dance to classical music. This class introduces young dancers to the ballet barre. Children learn basic ballet foot and arm positions and simple choreography. At the end of each class children have an opportunity for creative expression as they dance freely with scarves. Dancers should wear simple leotards and ballet slippers. Ages 4-5.

Cost: \$66 Resident, \$81 Non-resident
Location: Recreation Center Meeting Room
Instructor: Matrisha Person
Day/Time: Wed., 2:30-3:15pm
2103.303 W 7/11-8/15



Junior Jazz Dance Ages 5-7 (6 Classes)

This is a fun introduction to jazz and contemporary dance. Children learn to move to the beat of contemporary music. The class will include warming up, stretching, practicing jazz steps across the floor, learning a jazz dance routine which they will demonstrate to parents on the last day of class and free dancing to their choice of music. They will learn to move to different styles of music such as rock n' roll, the music of Broadway and hip-hop and to dance with vitality and expression. Dancers will need to wear leotards or stretch pants with jazz style shoes or ballet slippers. For dance shoes and apparel go to Dance Around the Block on San Mateo Avenue in San Bruno. Ages 5-7.

Cost: \$66 Resident, \$81 Non-resident
Location: Recreation Center Meeting Room
Instructor: Matrisha Person
Day/Time: Mon., 4-5pm
2103.305 M 7/9-8/13